



Newsletter

August 2001

Hello Folks,

The good news is – winter is nearly over. The bad news is – there will be no more slide evenings this year. Roger has decided that we have had enough indoor activities this year and we should be making use of the longer days to get out there and do it! (Kayaking, that is!) He maintains that too much of a good thing (slide shows included) is not good for us and that we may start to lose interest in club nights if we held them every month, so you will have to wait until next winter to see the next speaker. Shame that, because there have been some superb speakers this year and I was looking forward to the next club night. This last month we were spoilt rotten by having two truly awesome speakers, Graham Charles and Ian Fergusson. Roger had been trying for a long time to get Graham to speak to the club and this was the first time that Graham's schedule fitted in with the clubroom availability. The wait was well worth it. The clubroom was packed to standing room only for Graham's presentation, on his Antarctic trip, and I think everyone was impressed with the show. Graham had plenty of stunning slides and amusing stories to tell – like the day the guys decided to have a rest day and soak up some sunshine in the nude only to be spotted by a boatload of tourists! And did you know that leopard seals kill their prey, penguins, by shaking them so hard that they pop out of their skins! So, the next time you are out paddling around the Antarctic and you find an empty penguin skin, it means that there is a leopard seal in the area. Ian Fergusson also managed to keep everyone spellbound as he told us about the incidents, good, bad and amusing, that lead up to his winning gold at the Olympics. Ian's advice to everyone is to set little, achievable goals, extending them a little bit more each time you achieve one. I think that Roger deserves a very big Thank You for organising this year's club nights, and also many thanks to all of the guest speakers – Colin Quilter, Rob Gardner, Justin Sanson Beattie, Jennifer Belt, Graham Charles and Ian Fergusson.

For those of you that like to stare at a computer screen, Phil Ziegler is trying to get the club's chatroom going. The intention is to have a set time, probably on a Sunday evening, and to have guest speakers contributing. Details have not been finalised yet, but if you are interested, the details will be published on the auckland-kayakers discussion group (see "Useful phone numbers" for details on how to subscribe). The URL for the chat group is <http://groups.yahoo.com/group/auckland-kayakers/chat> and you will need to have a yahoo ID and password. If you need more information, try contacting Matt Crozier, matt@vsl.co.nz, or Phil Ziegler, zoggynz@yahoo.co.nz. The paddling scene has been busy this month with the Waikato River tour featuring on three weekends. Over 30 people turned up for the last section, including the Herald reporter Colin Moore. There were some lovely photos of Margaret Law, Joe Scott-Woods and Colin in the Tuesday, 14 August, edition of the NZ Herald. Although I missed out on paddling that section of the river, I did paddle with the group on the first section – Karapiro to Hamilton. I was very impressed by the beauty of the Karapiro to Cambridge section and would love to go back there with a white water boat. I also liked Peter Sommerhalder's comment that he made as it started to rain – "A perfect day for kayaking because you cannot feel guilty about not mowing the lawn or painting the house on a day like this!"

Cheers,

Margaret

In this issue...

Coastbusters 2002, by Vincent Maire; Learning to Roll, by Rob Gardner; Paddling in Heavy Air, by Colin Quilter; Kicking off the Three Islands Paddle, by Ann Schofield; A Walk in the Waikato, by Vincent Maire; Whau Creek, by Rona Patterson; Waikato River Tour, by Peter Sommerhalder, Ebb and Flow, by Roger Lomas.

Useful phone numbers and addresses

Club address	PO Box 45020, Te Atatu Peninsula, Waitakere City				
President	Trevor Arthur	817 7357	Treasurer & Address List	Matt Crozier	817 1984
Vice-President	Rob Gardner	533 4061	Safety & Training Officer	Peter Sommerhalder	815 2073
Patron	Colin Quilter	630 2219	Storage & Club Kayaks	Lindsay Sandes	522 3344
Secretary	Rona Patterson	834 3399	Merchandising	Jonathan Jarvis	366 6805
Social Officer	John Heatt	828 9673	Publicity Officer	Roger Lomas	625 8924
Trips Officer	Rob Gardner	533 4061	rob.gardner@serco.co.nz		025 303 508
Newsletter Editor	Margaret Thwaites	2927 883	m.thwaites@xtra.co.nz		38A William Potter Lane, Karaka.

The Club maintains two e-mail groups:

To subscribe to the discussion list, send a blank e-mail to: auckland-kayakers-subscribe@yahoogroups.com

For event reminders, send a blank e-mail to: auckland-canoe-club-subscribe@yahoogroups.com

Where can you go to get training?

Auckland Canoe Centre, phone 815 2073.

Basic confidence course, Henderson Pool, Tuesday evenings - \$95 for four sessions.

One-on-One rolling, Henderson Pool, Tuesday evenings - \$149 for two sessions.

Sea Kayaking intro skills (one day) and Sea Kayaking skills weekend, at Waiwera

Auckland Wilderness Experiences, Chris Gulley, phone 813 3369

Intro skills, overnight at Mahurangi - \$225

Details on web site www.nzkayak.co.nz/awk/awskills.htm

Rolling, Surfing, White water and Navigation courses run on request.

Canoe and Kayak, phone 479 1002

Sea Kayaking intro course – Friday pool session, plus Sat/Sun 9 – 5, \$230

Rolling sessions, Northcote College Pool - \$150 for four sessions.

White water, Multisport, Advanced Sea Kayaking, First aid and First aid refresher courses available.

Fergs Kayaks, phone 529 2230

Basic paddling skills – paddle strokes, rescues – Sunday morning, Okahu Bay - \$30 for Club members.

Learn to roll, one-on one, heated pool - \$60 per hour.

White water, and Multisport River Racing courses also available.

George Gerard, phone 814 8989 (hm), 367 0959 (wk).

Pool Training, Kelston Girls, Thursday evenings - \$95 for first three sessions, \$10 thereafter.

Intro Sea Kayaking, White water, and Down River Racing courses on request – courses are designed to fit what the participants want - \$100 per day (approx), plus boat hire (\$10 / day)

Positively Outdoors, Liz Maire and Christine Mcloed, ph 473 0027, fax 473 0731.

Two-day OSH certified outdoors first aid course - \$130

10% discount if four or more club members enroll for a course.

There are also a few club members that are experienced instructors and with a bit of encouragement (bribery and/or arm-twisting!) might be coaxed into giving a training session...

Ian Calhaem, Rebecca Heap, Ken Marsh, David Poolman

Safety Policy for Club Trips.

- 1 Any Club member who has any doubt about whether or not their skills are sufficient for a particular trip MUST contact the trip leader ahead of time to discuss safety issues.
- 2 It is your responsibility to wear a buoyancy aid, to be suitably dressed for the conditions, and to carry any other personal safety equipment necessary for the trip.
- 3 You must make a realistic assessment that your strength and endurance are sufficient for whatever is planned.
- 4 You must be able to re-enter your kayak (with help from another paddler if necessary) after a capsize in deep water.
- 5 With night paddling it is everybody's responsibility to provide their own large lens flashlight, or fixed all-around white light on a one metre high pole, in working order and mounted on the outside of the kayak where it can be seen at all times.
- 6 Use a craft appropriate for the trip. A kayak with water-tight bulkheads is essential for open sea kayaking. Sit-on kayaks are usually too slow to be able to keep up with sea kayaks, therefore, are not recommended on trips planned for sea kayaks.

Trips and Events Calendar

Remember to contact the trip leader before you set out. This is important because the leader needs to know the capabilities of those who are coming and to be able to contact you if the plan changes. **Please be aware that you paddle on a Club trip at your own risk. Read the safety policy (page 2). If there is any chance that you may be a liability to the rest of the group or to the leader be sure to inform the leader of this before you set out.**

TRIP CANCELLATIONS

The Club is now using "Newstalk ZB" cancellation service. This can be listened to on 1080AM or 89.4FM. The service runs on Saturday and Sunday from 7:00am.

This should eliminate the multitude of phone calls to trip leaders when the weather looks suspect.

Regular Evening Paddles

It is now getting dark early in the evening and everyone intending to go out on an evening paddle must bring either an all-round white light, or else a large-lens (eg. Dolphin) torch, in good working condition, mounted on the outside of the kayak. It is recommended that before anyone tries to go out on an evening paddle that they attend a basic skills course and that they are fit enough to be able to paddle for one hour.

Tuesday, Okahu Bay. All skill levels welcome. Meet at Okahu Bay by 5:30pm, ready to be on the water by 5:45pm. An experienced paddler will be rostered on to look after new/novice/slow paddlers. Fitter and more experienced paddlers can form their own group(s). Trips usually last 1 – 2 hours, destination dictated by tide, weather conditions and skill levels.

Wednesday, Castor Bay. No longer happening! Send a message on the eGroup if you want to start this paddle again.

Thursday, Okahu Bay. Not recommended for new/novice paddlers because we have not set up a roster of leaders for new people. These trips currently do not have a huge following, therefore, be prepared to paddle on your own. Be at Okahu Bay by 5:30pm, ready to be on the water by 5:45pm.

August

Saturday 25 Weiti River. Meet at Arkles Bay boat ramp by 9:00am for a 9:30 departure. Please ring to confirm beforehand as we may choose a different start point. High tide is at midday so this will be a pleasant paddle that will include Silverdale and Duck Creek. Suitable for all levels. **Margaret Law (09) 424 0114**

Saturday 25 Te Atatu. Meet at the bottom of Beach Road, Te Atatu by 10:00am for a 10:30 departure. We will paddle to Henderson Falls Hotel park for a BYO lunch before returning by about 2:30pm. This is a lovely paddle up the Henderson Creek. Suitable for all levels but phone Rona beforehand to confirm. **Rona Patterson (09) 834 3399**

Sunday 26 Wenderholm to Puhoi. Meet at Wenderholm on the estuary side at 11am for an 11.30am departure. This trip will be a leisurely paddle suitable for all levels. The distance is about 7km each way and we will stop either at the Puhoi pub or the Devonshire Teas place a bit further up the river. After lunch we will return to Wenderholm with the outgoing tide and arrive back about mid-afternoon. **John Hieatt 828 9673(hm) or 828 9834(wk) or email handcraftsupplies@xtra.co.nz**

September

Weekend 1, 2 Motuihe Island. The intention of this trip is to have a cruisey trip out to Motuihe Island on Saturday, brush up on our camping skills on Saturday night, and then join in with the Browns Island clean-up on Sunday. Please note: this trip will only go ahead if the weather looks reasonable – cause I hate camping in the rain! **Phone Margaret Thwaites or Ray Clark, 2927 883, for more details.**

Sunday 2 Browns Island Clean-up. Today is Hauraki Gulf clean-up day. Hundreds of volunteers will be scouring the beaches of Rangitoto and other gulf islands. Sea kayakers have traditionally looked after Brown's Island, viewing it as a chance to repay some of the pleasure we gain from the harbour. Meet at St Heliers Beach at 9.30am for a 10.00am departure; (or at Okahu Bay for a 9.20am departure, allowing 40min to paddle along to St Heliers). Briefing and division into three groups will occur at 10.00am on the beach at St Heliers. Bring snacks, drink, lunch and walking shoes. The club will provide rubbish bags. We will clean the beaches, establish two rubbish dumps, and then meet at Crater Bay on the northeast corner of the island for lunch. A stroll to the summit usually follows. Return time will be mid-afternoon. This trip is suitable for everyone in fine weather, but not for novices in windy conditions. If in doubt, discuss with Phil Ziegler. If the forecast is bad, phone Phil between

6.30am and 8.30am on Sunday to confirm that the trip is on; (it will have to be pretty bad to make us cancel). If the weather is OK, just turn up. Contact Phil Ziegler on 363 5817 (wk) or 535 2440 (hm).

Saturday 8 First Aid Course, Day One. If you haven't already enrolled for this excellent Outdoor First Aid course, do so now! At the time of printing this newsletter, there were still a few places available. This is an OSH certified course and it will be tailored suit kayaking and other outdoor activities. The cost is \$55 for members, \$130 normally. Day Two will be held on Saturday 22 September. For more information, and to book your place, phone Peter Sommerhalder, on 815 2073.

Sunday 9 Three Peaks. If you couldn't make it to Treble Cone for skiing, this might be a cheaper and easier on the wallet option. It's entirely up to you if you want to slide down these hills. The plan is to meet at Okahu ramp at 8.30 for a 9.00 departure. We then paddle to North Head and climb to the summit for morning tea. Next we are off to Rangi to have lunch on the summit with THE best view in town. No prizes for guessing the next stop, yep...its over to Browns Island to have afternoon tea under the trig. Into the kayaks for a nice jaunt home should finish the day off nicely. This is to be a full day trip of approx 20 km with the option of heading back early if individuals wish or need to. They would need to be competent solo paddlers or be accompanied to do this to ensure peace of mind for the remainder of the group. Please ring Trevor on 8177357 to register your interest.

Sunday 16 Howick area. We'll use the low tide for a "Mud & Mangrove Mouch Around". Meet at the ramp end of Cockle Bay at 3:30pm for a 4:00pm push off. We'll go up the Turanga River into the Maugamaungaroa estuary as high as we can. Continue up the Turanga then over to the mangroves of Siberian Hill (Whitford). Back past the Pine Harbour marina, across Sunskit Bay after circling Motukaraka Island and stopping for a brew to watch the sun go down over Auckland. Lights will be required. Botanical type enthusiasts would be more than welcome to assist with our education in salt marsh plant identification. Dean Camp 535 6473 or 021 780 780

Saturday 22 First Aid Course, Day Two. See "Saturday 8" for more details.

Saturday 22 Tamaki River. Last year we did the first half of the Tamaki River, now it is time to investigate the other half - Panmure to Otahuhu (or as far as we can in the conditions on the day). Meet at the Panmure wharf at 8.30 am for a 9.00 am start. We will be tide assisted both ways. Bring food, drink and warm clothing. We should be back in time for afternoon tea at Panmure wharf. Rona Patterson 834 3399 (home) or 302 1355 (work) rona.patterson@nma.co.nz

Weekend 22, 23 Pinnacles, Coromandel - Overnight Tramping Trip.

This is one of the classic tramping trips of the North Island - perfect for a bunch of kayakers! There are very good tracks in the area, as well as some interesting history - Kauri logging and bushmen's lives. We will stay in the Pinnacles Hut which is very nice (\$15 per night) on Saturday. It needs booking in advance, so I need numbers as early as possible. The tramp to the hut is 3-4 hours. Packs can be left at the hut and those that are keen can continue on to the Pinnacles themselves which is a steepish climb with some ladders in the more interesting parts. You are rewarded by an amazing view of the Coromandel Peninsula from the top of the Pinnacles. Sunday we will walk out, taking an alternative track for part of the way. To keep the weight of our packs down, we will form food groups. You will need a sturdy, well fitting pack, comfortable boots with good tread and ankle support and a rain (not shower)-proof jacket. It is likely that we will depart from the Kauaeranga Roadend around 10-ish, but this will be decided later - so phone the leaders if interested. Phone Ann (419 9223) 025 277 4055 (mob) or Nicole (636 2101) for further details and to book.

Sunday 30 Wenderholm to Warkworth. This is a leisurely trip exploring the picturesque Maharangi Harbour. It is usually very sheltered, but if it is a windy day we will start from Sullivans Bay instead of Wenderholm. We plan to start from the boat ramp in Wenderholm Park, paddle out through the entrance of the Puhoi River and explore the rock gardens at either end of Ti Muri Beach before stopping for a snack at either Sullivans or Scott's Landing. After exploring the historic Scott Homestead we continue up the harbour and into the Warkworth River. The scenery changes as we pass oyster farms to mangroves and then into native bush and hopefully the famous Warkworth Kowhai trees. On the way we pass a number of historic sites, including the remains of the cement works that supplied most of the cement for early Auckland construction. We land in the centre of Warkworth and for those that have booked it, a fabulous pizza meal before heading home for a well-earned rest. Because we have arranged a special deal for our pizza meal this must be pre booked. The cost is \$20.50 per head, and no-one has ever left hungry! This includes entrée, main, desert and coffee. High tide is 6:12pm so we plan on travelling up the river on this afternoon tide. We will leave our kayaks at Wenderholm at 9:30am and then drive cars to Warkworth. The drivers will then be ferried back to Wenderholm in as few cars as possible. In the evening we ask that people with spare space can take the ferry drivers and their kayaks back to their cars at Wenderholm. Ian Calhaem Phone 579 0512 (hm) or IanCalhaem@xtra.co.nz

Advance Notice: 20 October Kayak Relay Race. A fun, team event where you will paddle different types of kayaks, including a multisport kayak (supplied by Fergs Kayaks if don't have one yourself), and practise your culinary skills. More details in the next newsletter, or phone Jonathan Jarvis, 366 6805.

17 – 18 NOVEMBER

FAMILY CAMP AT RAGLAN.

By Rob Gardner.

The Auckland Canoe Club is organising a Family Camp at Raglan on the 17th and 18th November. We'd like this to become an annual event and a real focus for the club to get together and enjoy each other's company, inclusive of children and non-paddling partners.

The Club Committee would like to see the event as a social gathering with elements of skills training, exploring, guest speaker and general lazing around. We should be able to bring along all of our club boats for no-charge general use amongst the uninitiated.

I was down at Raglan a few weeks back to check out the suitability of the area and was very impressed with the location. The camping ground is right on the harbour with a gently sloping sandy beach allowing easy water access at any tide. The harbour itself is sheltered and has plenty of places to explore by kayak. The camp has cabins, caravans, kitchen and a TV room suitable for an evening guest speaker. Raglan itself is a nice little town built on its scenic coastal attractions and local bush walks.

A short drive (or paddle) from the camp are the famous surf beaches which are ideal for the more adventurous to build up bracing, rolling and rough water skills. On the day I was there I watched some white water kayaks having a great time playing out with the surfies.

What we would like to get now is an indication of people who would be interested in helping out with any of the following:

- ❖ Rolling instruction
- ❖ Teaching basic to advanced paddling skills
- ❖ Instructing in surf skills
- ❖ A Saturday night guest speaker and/or slide show
- ❖ Trip coordinators for harbour or open ocean paddles
- ❖ Children's activities
- ❖ Organising bush walks, and of course
- ❖ Officer in charge of cafes and craft shop exploration

Please give Rob Gardner, phone 533 4061(hm) or 025 303 508, or any of the other committee members a call if you can help out with these or any other activity that you think might be useful.

Coastbusters 2002

By Vincent Maire

The Coastbusters Sea Kayak Symposium will once again be held at Puriri Park in Orewa. The event will start on Friday evening 15th of March and run through to Sunday afternoon.

The successful format used in 2000 will again be repeated. There will be keynote speakers on Friday and Saturday evenings, Saturday will be devoted to workshops with a pool session in the afternoon. On Sunday participants will meet at Sullivans Bay in the Manukau Regional Park for a day on the water. Details of what is planned for Sunday are being kept under close wraps by the planning committee, however, delegates can be guaranteed at least three hours of fun and adventure on the water, a sausage sizzle and everyone will get wet!

The 2002 event will likely be the last time the name "Coastbusters" is associated with this highly successful symposium. The committee has decided to merge Coastbusters Sea Kayak Association Inc. with the Kiwi Association of Sea Kayakers Inc.

KASK already holds a forum, which alternates between the lower North Island and the South Island each year. It is also strongly focussed on developing and promoting the sport of sea kayaking, it publishes a handbook, a bi-monthly newsletter and has a web site

under development. KASK now has a national membership base of over 300 of which more than a quarter are in Auckland.

In the future, Coastbusters will adopt the name of the Auckland KASK Forum, or similar. It is also hoped that in the in-between years, when the forum is not held in Auckland, a KASK forum will be organised in the Waikato / Bay of Plenty. The current Coastbusters committee sees this as one of the key goals of the merger.

Other benefits of the merger include a sharing of resources, accessing funding for events and activities on a national basis, promoting activities such as the highly successful sea kayak leader's course, promoting the upper North Island forums on the KASK web site, and providing a platform for KASK to take a national role in the promotion and development of sea kayaking.

The 2002 Coastbusters committee consists of Margaret Thwaites (chairman), Ryan Whittle (treasurer), Vincent Maire (secretary) plus Ray Clarke, Rob Gardner, Rebecca Heap, Gerry Maire, Nicole Moorhouse and Natasha van Gysen.

More information concerning the event and the merger with KASK will be published in the weeks ahead.

Learning to Roll Without Getting Wet

By Rob Gardner.

Impossible? Not really. Many people have difficulty when upside down working out what they've actually got to do next (particularly analytical types like Lawyers and Accountants who prefer to figure things out with paper and stuff). One solution is to get the basic techniques right while your head is still more or less dry. This method is popular in the UK where North Sea temperatures tend to discourage unnecessary immersion. It's also good practise for learning basic bracing skills and the all important hip-flick.

Start off by finding some shallow water where your paddle can easily touch the bottom. Brace your knees up nice and tight under the coaming. Hold the paddle along the left-hand side of the kayak with your left hand gripping the bottom edge of the rear blade (knuckles facing up). Your right hand should grip the shaft a bit less than half way along. Reverse everything if you're left handed (as apparently the artist for these drawings was).

Now swing the front blade over your bow and sweep an arc across the water surface on your right hand side (starboard for the maritime minded). At the same time lean slightly over to the right so that the sweep stroke supports your off-centre weight. When the paddle is out at 90 degrees to the kayak, pull down with your right hand to bring yourself back upright. You'll find you have a huge amount of leverage – you can just about roll a dingy doing this!

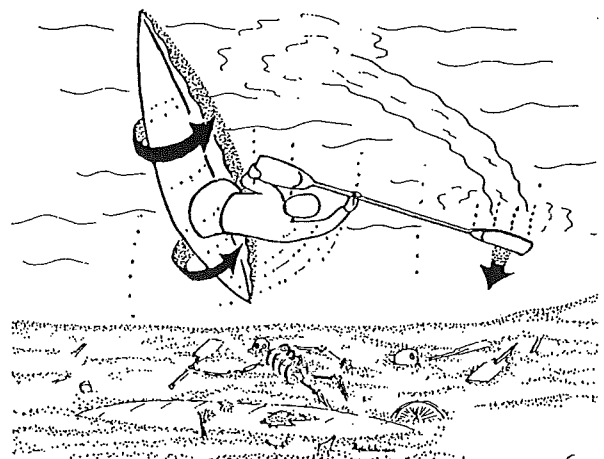
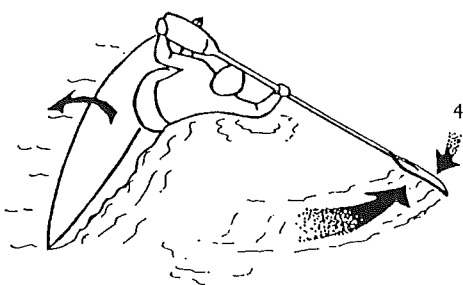
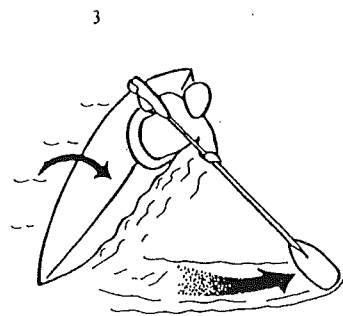
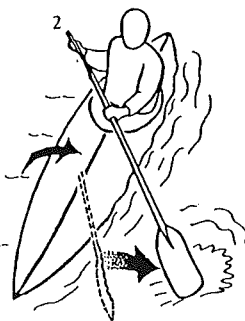
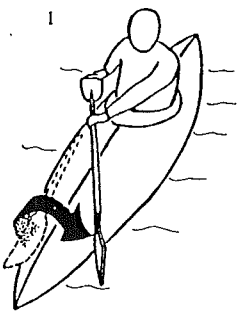
The thing to concentrate on is using a flick of your hips to bring the kayak back to level rather than purely relying on the leverage from the paddle. Do this by trying to get the kayak back to level while your eyes are still low and looking down into the water. The alternative

to looking down is leaning your body right back along the deck and looking up at the sky when your paddle reaches that 90 degree point. Both methods serve to keep your heavy head and upper body as close as possible to your hips, which is the point that the kayak is rotating around.

As you practise this, progressively go further and further over as your confidence grows. Get your shoulder in the water, then your face until you're fully immersed. You'll find you can go right under and do a half roll by coming up after hanging completely upside down (OK, now you are getting wet and hopefully in slightly deeper water). The reason for choosing a shallow piece of beach is so that you can push your paddle off the bottom if you unexpectedly go a wee bit too far before you're ready for it.

If you still don't feel like getting wet this time of year, try sculling the paddle back and forth on the water surface while leaning slightly over and use the same recovery techniques. This is a good confidence builder in bracing, sculling and loosening up that hip-flick. Practise this basic lean and brace regularly on both sides but if you decide you want to get a bit more of your body wet, I'd recommend using a facemask and having a helper standing by in the shallows next to you.

This is most of what there is to rolling. All that remains now is to fall over to the left and come up using this technique once you are hanging upside down. But don't do that because then you'd be doing a Pawlata Roll which is the precursor to any other roll which is of course the most reliable self-preservation technique known to kayaking!



Paddling in Heavy Air

By Colin Quilter

Recently at one of the Club's winter social evenings Graham Charles gave a fascinating account of his trip along the west coast of the Antarctic Peninsula. I was interested to hear him describe the katabatic winds which occur in fine weather when dense, cold air flows like a river from the high interior of the peninsula. Just as water flowing downhill follows the course of valleys, so does the heavy air. It emerges from bays and inlets as a roaring torrent, a gale heading offshore at speeds of 50 knots or more.

Graham's story came to mind when Margaret asked me to write an article for the newsletter explaining, "why there is usually no wind on the Waitemata harbour early in the morning". This is a topic I've written briefly about in the newsletter several years ago, but it affects our paddling so often that perhaps it bears repeating.

Southwesterlies are the prevailing winds in Auckland during fine weather. But kayakers notice that these winds are not constant. Typically mornings are calm, perhaps glassy calm, until about 10 or 11am when quite suddenly the southwesterly arrives. It funnels out through the gap between North Head and Bastion Point, and while you might cross to Rangitoto in a flat calm early in the morning, the return trip is often a real struggle against a head wind which seems to have sprung from nowhere.

So the question is, where does the wind go during the night and early morning? Obviously it doesn't just stop, since the pressure gradients over the Tasman and South Pacific which cause wind do not disappear at night. The answer lies in a gentle version of the katabatic winds, so gentle that you might refer to them as "katabatic calms".

On clear nights in fine weather, heat radiates into space from the land surface; (it is also lost from the ocean surface, but not nearly as fast). The land cools rapidly, and the layer of air overlying it cools in turn. Soon a blanket of cold air covers the land. Depending on the temperature and humidity, dew forms and occasionally

fog. The layer of cold air is heavy, and it flows slowly downwards to settle in low-lying parts of Auckland. Around the coast it flows down-valley into bays and estuaries, then out across the water to settle as a thick, invisible blanket filling the harbour and inner gulf. Above the now-stationary blanket of cold air the southwesterly wind continues unabated; but to an observer at sea level the wind seems to have disappeared.

Next day the calm continues until mid-morning. Then with the sun high in the sky, the land begins to warm. The air against it is heated and becomes less dense, lighter than air at higher levels. Hot air rises into the southwesterly air stream overhead and the two air masses mix. Amid the turbulence the once-stationary layer close to the harbour is snatched up and stripped away by the prevailing air flow. Now the southwesterly is blowing right down to sea level. Paddlers having morning tea on Rangitoto look at the whitecaps which seem to have developed within minutes, and know they are in for a tough paddle home.

Morning calms of this type are less likely to occur during cloudy weather, because clouds prevent the rapid radiation of heat from land into space. When a depression approaches from the Tasman it usually brings cloudy, humid weather with northerly or northeasterly winds, and you will notice that these winds blow as strongly at night in the harbour as they do by day.

For sea kayakers, there are two conclusions to be derived from "katabatic calms". Firstly, early starts are good. A paddler afloat by 7am will often enjoy three hours of complete calm. Secondly, if you do take advantage of the morning calm and head off down-harbour towards Motutapu or Waiheke, remember that you might have to make the return trip during the afternoon in very different conditions, into the teeth of the wind.

Happy paddling!
Colin

Kicking off the Three Islands paddle

A perfect 3 day trip around the tip of the Coromandel, July 12-14, 2001

By Ann Schofield

After months of dreaming and talking, I eventually managed to get an "expedition" style trip off the ground - thanks heaps to my 3 enthusiastic paddling companions: Matt Crozier, Nicole Moorhouse and Phil Ziegler ... especially Phil who was brave enough to join us without having actually spent any time with us prior.

Our trip was a one way journey from Colville Bay to Waikawau Bay. Each day was 15-18kms paddling, which nicely fitted into what little day light was available in early July. We weren't in a big hurry and it was a perfect length trip. We had a fourth day to spare in case of bad weather. Our car shuttle on unsealed roads took one hour: left two cars at a day parking spot

at Waikawau Bay and one at Colville. A good alternative would be a 9km walk back to Colville at the end, mostly over a bush track.

If you have a week in which to play, a good alternative trip would be the advanced version of this: Coromandel to Whitianga (Matt and Etienne De-Ber did this a couple of years ago).

Tide-timing was important on days One and Two. Colville harbour requires a high tide departure. Even with this, we had to wade and drag boats for 50m! Part of day Two was heading around Cape Colville which has overfalls marked on the marine chart. It is

sometimes called the "Wall of Water" here as it is where 2 seas meet. It can be quite choppy and rapid-like in this region when the tide is moving swiftly. For us, there was no problem as we are courageous kayakers. No, only joking! Upon Matt's suggestion we did it over slack tide and didn't notice any bumpiness.

We camped at Fantail Bay on Day One, which was lovely. Again, thanks to Matt who was being observant and spotted the campsite from the water. It required carefully studying of the map to know where to look. Only once we knew where the campsite was were we able to see it's DoC sign from the water! In contrast, Shag Bay, the sleeping spot following Day Two was easy to find. This is not an official campsite, but it worked well for us. Phil played host that night - making a wonderful fire for us as well as going on the water-run to Stony Bay, the official DoC campsite a further 3 kms along the coast.

Matt did heaps of caving and rock gardening as usual: shortly after leaving Colville Bay, and lots on Day 3 along the eastern coast. There was a good blowhole just south of Ahiroa Point, and some interesting pancake rocks south of Sugar Loaf Rocks. It is noteworthy that Sandy Bay in Port Charles is the last sandy beach before Waikawau Bay instead they are boulders. We had lunch on one of these, Potiki Bay, which was a little interesting landing. Another thing to watch for is the reef connecting Square Top Island to the mainland. It's not shown on the topo map, and the extra two kilometres paddling to get around it is rather a

surprise! It didn't upset us keen paddlers though. Although we didn't camp here, Matt tells us there is a good place to camp behind the boulder wall at Te Karaka Bay.

Sailing was excellent along the coast north of Rauporoa Bay, and dolphin watching was special a couple of kms east of Cape Colville.

We had intended walking up Moehau from Stony Bay on the third day (instead of paddling), but changed our minds in preference to getting out early and having a nice relaxing, warm, cosy time at Phil's nearby beach house! It would have been an excellent whole day walk though 3-4 hours to the top from Stony Bay. The Coromandel walkway between Stony and Fletchers Bay is a scenic, alternative low level walk which is well worth sparing the time for it has awesome views of Great Barrier Island.

Finally, radio contact info. Using a 1 Watt radio, we kept in touch with Auckland Coast guard and the 24 hour weather info (ch 21) on the west coast, but were less fortunate on the east coast.

All in all, a superb mid-winter adventure: great weather, views, company and food. Thanks heaps to everyone involved; and we are delighted to have made Robs Three Islands dream come true. Best wishes to all future paddlers who participate in his scheme.

Is anyone keen for a longer journey later on?

A walk in the Waikato

By Vincent Maire.

Ann Schofield has often talked about a fabulous restaurant called Out in the Styx. When my wife Liz suggested we do a spot of tramping in the Waikato and stay at a backpackers called Out in the Styx I was immediately interested. Just imagine spending all day sloggng your way through the forest then coming home to a wonderful meal. Definitely sounded my kind of destination.

Out in the Styx is located at Pukeatua, which is halfway between Kihikihi and Putaruru. It is run by a very nice couple called Mary and Lance. Mary does the cooking and Lance manages the bar. What is unique about Out in the Styx is that there is no menu. Each evening Mary cooks up a wonderful meal which includes a soup, two meat dishes, three to four vegetable dishes plus a dessert accompanied by a cheese board, fruit and coffee. This is called 'take it or leave it' catering. With all the attention given to a limited selection, the food is always exquisite and Out in the Styx is developing a great reputation amongst travellers, connoisseurs, trampers and even sea kayakers.

As well as being a restaurant, Out in the Styx has four bunk rooms and when we were there, they were building some more with ensuites attached. The cost was \$15 a night per person if you supplied your own linen.

The restaurant is not large. It reminded me a bit of the country restaurants one comes across in the rural areas of France. Comfortable, sunny, a fireplace, simple tables and chairs. Nothing fancy but nothing shoddy. Great ambience!

Anyway, we were there for the tramping and Out in the Styx sits at the end of one of the Waikato's best day tramps. Maungatautari is located about 10kms due south of Cambridge. It dominates the skyline as you travel along SH1 past Lake Karapiro. It is an old volcano (approx. 1.8 million years old) and has two main peaks.

On our first morning Mary drove us to the northern side of the mountain and we embarked on the six-hour walk over the mountain. It is a well-marked track, not difficult although we definitely needed our walking poles on some of the downhill slopes. The highest peak, Maungatautari 797m, is marked by a trig but the forest limits the views. After this point the track descends into the old crater then climbs back up to the second peak, Te Akatarere (727m) where the views east, south and west are tremendous. We had an almost cloudless day and our views took in Mt Tarawera, Pirongia, Mt Ruapehu and even Mt Taranaki.

It took us just under six hours to complete the walk, which ends very near to Out in the Styx. That evening

we had lamb soup, honey glazed pumpkin, a leek and apple dish and the two meats were pork and lamb washed down by a very pleasant South Australian red.

The next day called for something a bit easier so we walked a recently opened track that follows the Waihou River. This is the river you queue to cross at Kopu just south of Thames. It starts as a spring in the foothills of the Mamaku Ranges just a few kilometres out of Putaruru and its crystal clear waters are that town's water supply. Spring water loses its ability to absorb light when it has been underground for the 50 to 100 years this water has been percolating its way through the Mamaku Ranges. The river is startlingly clear with only a slight bluish hue to the water. The track follows the river for some 5kms with a small gorge being the prettiest part. That night we had a spicy Thai spinach soup, the two meats were beef and chicken and I can't remember the vegetables. But what I do recall was the ice-cream. We had it both nights. It was ginger flavoured and I cannot remember tasting a more heavenly dessert as this.

Day three saw us climbing Maungakawa (495m) which is 12km due west of Matamata. It took us 80 minutes to reach the summit where there is a viewing platform. The day had started with a good, hard frost and a cloudless sky. The view from this vantage point was to the north but the late morning haze hadn't lifted so Morrinsville was somewhere out on the carpet of lush farmland. That night I had two eggs in sweetcorn and some leftover vegetables followed by a mandarin – we had come home!

But back to where we started our walk in the Waikato at Out in the Styx. Both Ann Schofield and Matthew Crozier has signed the guest book ("Oh, I remember them," said Lance, "they were here for our Greek night.") I am sure that if I had looked harder I would also have found Tony Greaves' name too as he lives on the northern side of Maungatautari.

Now that the secret is out, perhaps these three keen bon vivants could organise some sea kayaking on lakes Arapuni or Karapiro, but nothing too difficult, enough to raise our appetites, as we will want to spend Saturday evening Out in the Styx.

Whau Creek with Trevor

By Rona Patterson.

After dreadful weather throughout July, Saturday 28th July dawned fine, sunny and warm. I phoned Trevor to let him know I would not be on his trip, but his gentle persuasion soon had me reconsidering my options. So it was that I hurriedly packed lunch, hung out the washing, put my kayak on its trolley and set off down the road.

There was no way I would meet the group before they set off because it was already 9.30am and meeting time was 10am. Before I could hit the water I had to pull my kayak along two streets, and through three paddocks, then across a wide stretch of mud and shells. At last, after 25 minutes I was on my way (albeit in very shallow water for some time).

After paddling the length of Whau Creek, and once more in the very shallow water, I had decided that I would turn around at the next corner and look for a place to eat a solitary lunch, before returning home alone. Then, just around the next bend Trevor and his group of kayakers were coming toward me, having been as far as they could go.

From here, we headed back toward Spam Farm, looking up all the tributaries as we went. It wasn't long before Trevor was parted from the group to look at what looked like a boatyard. We followed and took interest in two very dilapidated 'boats' which had not seen any loving care for many years, and both were firmly embedded in the mud. This, then became our lunch spot. We nosed our kayaks alongside and climbed up and parked our seats on the smaller of the two craft and ate lunch in the sun. As always, this was discovery time of what others pack for lunch, and how they pack it, and what new gadgets need to be purchased. We also learned how to get your partner to be happy when you

come home with a new kayak. First, introduce her/him to high priced craft, such as can be found berthed at the Viaduct Basin. The price tag on a new kayak is infinitesimal in comparison.

While eating lunch, some local children joined us and told us the derelict boats were haunted.

We were later to see the children with their parents and siblings in a Canadian canoe and an unusual designed single. Two other children were waiting on the 'haunted' boats for their turn later. The style of paddling from this family, was interesting. The young lad (about 10) was in the single using half a paddle. Mum, Dad and three children were in the Canadian. Dad was paddling with a regular paddle from the back of the canoe, and a young girl (about 11) paddled from the front deck with what looked like a fence pale. The baby, a toddler and Mum were in the middle and the baby was getting showered from Dad's efforts. The family were having a lovely time without all the gear which we had, and were not concerned that neither craft had seen a wash down in a long time.

After lunch, Trevor led us up this tributary, which narrowed to a space that only Trevor and Jo in her white-water boat dared to enter. Trevor returned (backwards) when he started to hear crunching noises. Jo returned only after she had rescued a bird, which had been stuck in a tree.

Once we were all back on the main body of water, Jo and Andrea returned to Spam Farm. The rest of us headed toward the North Western motorway. Here we split up - Brian to disembark at the Te Atatu Yacht Club, Trevor and Ian to return to Spam Farm, while Ryan and I went out into the upper harbour. We soon separated,

Ryan to head for Birkenhead, and me to find my way back home again.

Once again, I was privileged to share in a wonderful day out. Thanks Trevor.

Waikato River Tour 2001

By Peter Sommerhalder.

What do you do to get over thirty people voluntarily out of bed on three early winter mornings? Easy. Ask them to come paddling on the Waikato River.

Once pushed off the river bank below Karapiro, there was no turning back. The sweeping current took care of us heading "down hill". A short stop in Cambridge, and on we went towards Hamilton for the first leg. The designated leaders made sure we practised backwards paddling and ferry glides forward and reverse. These skills allowed us to stop before crashing into submerged tree trunks, and avoiding other nasty obstacles.

Two weeks later we launched again in Hamilton. Many houses, old and new, and well kept walkways along the banks through the city presented us with forever changing scenery. About halfway near Horotiu bridge we stopped for lunch. Then gliding on along paddocks and mature trees. The marae in Ngaruawahia came into view, we drifted underneath the road and railway bridges and landed where we had parked our cars earlier that day.

We skipped the middle section of the mighty Waikato and met again one week later for the most exciting leg of the river at Tuakau. A fleet of almost 30 kayaks, singles and doubles, and Little Tree, a magnificent strip planked open canoe, headed silently downriver. After a lunch stop at the Elbow, where we mingled with water skiers, we explored narrow waterways meandering amongst many islands. Some had weekend baches, maumaus or small shelters on them. Locals flock here mid August for whitebaiting. Our instructions were, to stick together closely, otherwise we may lose each other and miss the take-out at Hoods Landing on the right bank. It paid off having local paddlers amongst us who guided us through this magnificent part of the river and herded everyone to Hoods Landing. Even before approaching the boat ramp, we could smell the welcome scent of sausages and hot soup prepared by Su. And one hour after an enjoyable snack on the river bank, we were winding our way again through thick city traffic in Auckland.

CLUB T-SHIRTS AND.....CAPS!

We have a new exciting range of T-shirts available for \$20.00 each. The new colour ranges are Teal and Airforce Blue and come in sizes XL, L, M and S. There are still some Ash and Navy T-shirts in stock and they will also sell for \$20.00 each.

Also, caps have been added to our club wardrobe. These are designed for the salty and sunny conditions and come with brass fittings. The colour of the cap is terracota and looks very trendy. The cost of a cap is \$20.

To order your club cap or T-shirt phone Jonathan or Denise on 3666 805 and they will arrange for payment and delivery.

Classified ads...

For Sale: Squall Sea Kayak.

Multiple shades of blue and green. \$1300. A popular plastic sea kayak. If you have been using the club's hire boats to go paddling in, here is a good opportunity to get your own boat at a reduced price. Phone Ann Schofield on 419 9223.

Deadline for next month's newsletter: Tuesday 11 September.

A jolly big "thank you" to this month's contributors. Keep up the good work, and happy paddling.

Send articles to: Margaret Thwaites, 38A William Potter Lane, Karaka, RD1 Papakura.
Or e-mail to: m.thwaites@xtra.co.nz

The Ebb and Flow

By Roger Lomas

Getting the club a bit more profile will be one of the benefits of the new club banner. Brendan Smith at Canvas City will shortly unfurl the new creation and it will be displayed at club events.

The social set were all abuzz last week when former Queen Bee Amanda Young featured in the T.V. game show The Weakest Link. She survived the vicious elimination rounds and went on to take the title. Amanda has moved down to the South Island where she is now the social events organiser for the Nelson Canoe Club.

There is an old scow at Okahu Bay. Some will say there are a few but this one is high and dry and undergoing a restoration on the hard. The Jane Gifford spent her early days plying the waterways that many of us now paddle.

One of Auckland's most popular sea kayaks is to go back into production. The Albatross will fly again and Sue Gilmer will be the proud owner of the latest model.

Another sea kayak is about to be launched. The new mid sized Barracuda is due out soon and it will feature a new super responsive rudder system. Gordon Robinson is now giving the new craft his full attention after preparing the two Trans Atlantic rowing boats for Rob Hamill and the new all girl team.

There is a rumour going around that one of our female club members is keen to do a series of nude male kayak paddler photos for a limited edition club calendar. Ryan Whittle and Jonathon Jarvis have agreed to be January and February. You can just vision Ryan with his bilge pump and Jonathon flexing his adjustable feathering wing paddle. Yes it will be a very limited edition indeed.

Beavering away behind the scene is the Coastbuster committee, which are nearly all ACC members. The show and tell kayaking weekend is scheduled for next March and will be held at Orewa again.

Back in 1968 some of our keen club members built a four man racing kayak out of moulded mahogany. Over the years the ACC has faded from the racing scene and the K4 was left in the hands of the Waitamata Club. It is now stored out in the open on the banks of the Henderson Creek and hasn't been used for years. Peter Sommerhalder was one of the builders of this unique craft and is keen to see it preserved. He has offered to hang it in a place of pride in his shop next to the Fergusson - McDonald Olympic K.2.

A Multi sport adventure race starting in the Deep South and running the length of New Zealand is planned for November. The competitors will paddle across Cook Strait and one of the racing legs will be from Coromandel to Auckland via Waiheke. Last week a group of Auckland entrants went for a practice run on this section in a variety of craft. Most got into trouble but it was a good old sea kayak that excelled.

Watch out for the Burley Burgers. Our club will be running its own adventure race shortly and one of the skills to be tested will involve cooking up a burger on the BBQ and downing a can of something cool and fizzy. Sounds like the old chunder mile of varsity fame.

A good response came from our members for events for our clubs 50th anniversary year. The most popular suggestion was for a Jubilee cruise down the Whanganui River. This used to be an annual event for the club with up to 70 craft participating. The other request was for a Jubilee reunion dinner.

Matt Crozier was attacked by a large offshore rock on a recent Coromandel cruise. Rock 1 – Matt 0.

Want to stock up your kayak book library? Two bookshops at Westhaven will cater for your needs. Seahorse Books on Westhaven Drive and Boating Books on the corner of Beaumont and Gaunt are worth a browse. Don't forget the Auckland Canoe Centre for all the latest kayak magazines.

The winter series of guest speakers at the clubrooms came to an end last week when Ian Fergusson put on a polished show for an appreciative audience. The chance to pose with an Olympic Gold Medal was too much for some. The series this year was well attended and we all enjoyed the delights of Doubtful Sound with Colin Quilter, the sunny surf in Australia with Rob Gardner, Justin and Jennifer's favourite kayak places and the splendour of Antarctica with Graham Charles. Some great guest speakers are already lined up for next winter.

Special thanks to Rona Patterson and Rosie Thom in the kitchen, Ryan Whittle and John Hieatt at the door and all the helpers who got stuck in after the show to clean up.

Fergs Kayaks have a very generous discount for any of our club members who haven't got their own kayak yet. A brand new Perception Contour for only \$1160.00. Four only at this price, so be in quick and ask for David. Also going cheap is a near new Storm with lifejacket, paddle, sprayskirt, etc. for only \$1800.00.